

Emergency Contraception (Plan B® One-Step™) Instructions

When should I take Plan B® One-Step ?

Take Plan B® One-Step *as soon as possible*

- If your birth control did not protect you: Example: condom breaks, missed pills.
- If you have sex with no birth control protection.

***After having a baby:** *After two weeks*, you can use Plan B® One-Step as a backup method of birth control.

Why is time important?

Plan B® One-Step works best to prevent a pregnancy if you take it *right after unprotected sex*.

- You *can* take Plan B® One-Step as late as 5 days *after* unprotected sex.
- Plan B® One-Step is **not** recommended *after* 5 days.

How should I take Plan B® One-Step ?

- A package of Plan B® One-Step contains one pill.
- Take the pill with food.



What else should I do?

Keep using your regular birth control method *after* you take the Plan B® One-Step Pill.

- If you do not have a regular method of birth control, use condoms for protection.
- Contact your family planning clinic or health provider *right away* to learn about your birth control options and to get a regular method that suits you.

Are there any side effects?

A few women who take Plan B® One-Step *sometimes* have side effects.

After taking the Plan B® One-Step pill, you may:

- Feel a little sick to your stomach, or
- Feel like throwing up or vomiting, or
- Your breasts may feel sore.

Take the Plan B® One-Step pill with food to help prevent these side effects.

What if I don't get my period?

If you do *not* get your period within three weeks *after* taking Plan B® One-Step (or if your period is not normal), get a pregnancy test. Find out if you *may* be pregnant. Call your family planning clinic or health provider.

Remember:

- **Take Plan B® One-Step *as soon as possible*. Do not delay.**
- **Take the Plan B® One-Step *with* food.**